

## **Training and Competition during COVID-19 Restrictions (last updated 14<sup>th</sup> July 2020)**

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### **Training at Westfields Sports**

Whilst training is on the site of Westfields Sports High School all staff, coaches and students must comply with the latest restrictions advice and updates from the Department of Education and other Covid-19 relevant government bodies:

<https://education.nsw.gov.au/covid-19>

<https://www.ais.gov.au/health-wellbeing/covid-19>

<https://sport.nsw.gov.au/novel-coronavirus-covid-19>

<https://www.who.int/>

### **Summary of basic essentials:**

1. Students must maintain a minimum distance of 1.5 metres at all times
2. Limited access to toilets and change rooms.
3. Avoid/minimise physical contact with others.
4. Sharing of equipment is to be avoided. Throwing implements will be numbered and assigned to specific students for their use only for the duration of the session. All equipment must be sanitised at the conclusion of the lesson before it can be used by other students. Sanitising wipes and hand sanitiser are to be provided at sessions.
5. Athletes running in the slipstream of others should not run closer than 10 metres to the athlete in front.
6. Students may arrive at school and depart from school in their training clothes when the session is first lesson in the morning or last lesson in the afternoon.
7. Students and staff must utilise the principle of “Get in, Train/Compete, Get Out”

### **Training at off-site facilities**

Whilst training is at off-site venues all staff, coaches, students, athletes parents, volunteers and visitors must comply with the latest restrictions, advice and updates from the local council and other bodies controlling the training facility. Also obey the latest restrictions, advice and updates of the Department of Education and other Covid-19 relevant government bodies:

<https://education.nsw.gov.au/covid-19>

<https://www.ais.gov.au/health-wellbeing/covid-19>

<https://sport.nsw.gov.au/novel-coronavirus-covid-19>

<https://www.who.int/>

### **Summary of basic essentials:**

1. Students/athletes must maintain a minimum distance of 1.5 metres at all times
2. Limit the number of people who attend training/competition to essential participants and minimal spectators, parents/guardians.
3. Obey the restrictions and guidelines as set down by the Local Council and other bodies controlling the venue.
4. Limited access to toilets and change rooms.
5. Avoid/minimise physical contact with others.

6. Spectators, parents, etc should spread out when in attendance.
7. Athletes running in the slipstream of others should not run closer than 10 metres to the athlete in front.
8. Sharing of equipment is to be avoided. Throwing implements will be numbered and assigned to specific students for their use only for the duration of the session. All equipment must be sanitised at the conclusion of the lesson before it can be used by other students. Sanitising wipes and hand sanitiser is to be provided at sessions.
9. Students/athletes, parents/guardians and spectators must utilise the principle of “Get in, Train| Compete, Get Out”

## Competition

All Westfields athletes, parents/guardians, volunteers, spectators must be aware of the latest updates of the COVID-19 restrictions and guidelines as set down by the following bodies prior to attending competitions

<https://education.nsw.gov.au/covid-19>

<https://www.ais.gov.au/health-wellbeing/covid-19>

<https://sport.nsw.gov.au/novel-coronavirus-covid-19>

<https://www.who.int/>

1. Obide by the rules, regulations and advice as set down by the bodies Governing such competitions. Such bodies would include ( nswathletics.org.au, athletics.com.au, lansw.com.au etc)
2. Students/athletes must maintain a minimum distance of 1.5 metres at all times
3. Limit the number of people who attend training/competition to essential participants and minimal spectators, parents/guardians.
4. Obey the restrictions and guidelines as set down by the Local Council and other bodies controlling the venue.
5. Limited access to toilets and change rooms.
6. Avoid/minimise physical contact with others.
7. Spectators, parents, etc should spread out when in attendance.
8. Athletes running in the slipstream of others should not run closer than 10 metres to the athlete in front
9. Sharing of equipment is to be avoided. Throwing implements will be numbered and assigned to specific students for their use only for the duration of the session. All equipment must be sanitised at the conclusion of the lesson before it can be used by other students. Sanitising wipes and hand sanitiser is to be provided at sessions.
10. Students/athletes, parents/guardians and spectators must utilise the principle of “Get in, Train| Compete, Get Out”